



JANUARY 2023 PROGRAMS

All Programs are free and open to the public. Children must be accompanied by an adult. Reasonable accommodations available upon request. All programs **meet at the Mount Greylock Visitor Center** unless otherwise noted. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/COVID) for guidance. For additional information and **weather updates**, call the Visitor Center at **(413) 499-4262**.

OPEN DAILY	VISITOR CENTER, 9:00 a.m. – 4:00 p.m. Interpretive exhibits explore the park story through artifacts and displays. Trail maps, hike guidance, 13-minute orientation film, bathrooms, drinking water available. Wheelchair accessible.
SUNDAYS Ongoing	NATURE SCAVENGER HUNT, 10:00 a.m. - 3:00 p.m. For children and families. Adventurous quests invite you to search for natural treasures along park trails. We have several “seek and find” scavenger hunts for different age and skill levels. Program is self-guided. Scavenger hunts are available at the Visitor Center.
MONDAYS Ongoing	FINDING YOUR WAY IN WINTER, 10:00 a.m. - 3:00 p.m. Recommended for ages 8 and older. Discover ways to navigate the outdoors while having fun exploring the wonders of map and compass and learning traditional methods of path finding in the forest or your own back yard. Learn a few tricks for identifying wildlife signs and trees by their leaves or bark. Activities may include making a map and scavenger hunts. Designed as a self-guided activity but may be led by an Interpreter.
SPECIAL EVENT SATURDAY, JAN 1	FIRST DAY HIKES, 9:30 a.m. and 12:30 p.m. Recommended for ages 7 and older. Join friends, neighbors and DCR State Park staff for a guided moderate 2 mile hike (90 - 120 minutes). Dress for cold weather: wear layers and winter boots. If conditions permit, bring snowshoes and hiking poles. Dogs are welcome on a 10-foot maximum leash. There are TWO HIKES. Space is limited. PRE-REGISTER at https://930a-mt-greylock-first-day-hike2023.eventbrite.com or https://1230p-mt-greylock-first-day-hike2023.eventbrite.com BY DECEMBER 27. WAITLIST available.
FRIDAYS, JAN 6 and 20	NICE AND EASY TRAIL HIKE, 1:00 p.m. - 2:30 p.m. Easy-paced, one to 3-mile guided hikes geared toward seniors, but open to all ages. Join with other hiking enthusiasts! Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.

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coming events



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- SUNDAY,
JAN 8

FAMILY MOVIE MATINEE, 1:00 p.m. - 2:30 p.m.
For children and families. Each second Sunday of the Month, January through March. Beat the winter blues with a NATURE MOVIE and a fun craft in our Visitor Center theater room! Bring the entire family for this entertaining film series that offers a unique theme and subject each month. Learn about the native animals that hibernate at Mount Greylock like BEARS and BEAVERS and have some family fun! FREE. All ages welcome. Our January movie is “EYEWITNESS | Bear | S3E1”
- SUNDAY,
JAN 8

ANIMALS IN WINTER, 10:00 a.m. - 3:00 p.m.
For all ages. Explore how animals and birds adapt to the changing seasons. Discover which animals hibernate, migrate, or change appearance. Chose a story book, craft activity, or a take home project. Self-guided activity.
- WEDNESDAY,
JAN 11

Part of our Mountain Mindfulness Program Series
FOREST BATHING with Canyon Ranch Guides **10:00 a.m. Open to ages 8 and older.** A Canyon Ranch guide leads you on a slow, intentional walk into the woods to de-stress and get re-connected with nature. No previous experience necessary. Please dress appropriately for winter weather conditions, dress in layers and wear winter boots. If conditions permit, bring snowshoes and hiking poles. Program duration 90 minutes. Inclement weather cancels. Co-sponsored by **Canyon Ranch Wellness Resort, Lenox**
- SATURDAY,
JAN 14

GREYLOCK PHOTOGRAPHY GROUP MEET UP: White Birches in Winter, 1:00 p.m. - 2:30 p.m.
Open to all ages. Walk along trails through picturesque white (paper) birch tree groves, with stunning views up to the Summit! **Meet at the GOULD TRAILHEAD parking lot** on West Mountain Rd in **Adams**. NOTE: Trails may be snow-covered or icy. Dress for the weather and bring along your camera, tablet or cellphone. **All interest and skill levels are welcome!** Children must be accompanied by an adult. For more information and directions, call (413) 499-4262 or visit us on Facebook at <https://www.facebook.com/groups/427752957932877>

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SUNDAY,
JAN 15

CABIN FEVER STORY TIME! 1:00 p.m. - 2:30 p.m.

For all ages. Join Park Interpreter Mike Whalen by the cozy hearth fire for an entertaining hour filled with tall tales and remarkable legends of Mount Greylock from the past as we gather to beat the winter blues. Meet the spirit of colorful characters like humorist Josh Billings, legendary con-man O.B.Joyful, the ghost of Old Coot, Dave Lilly, the counterfeiter of Money Brook Falls and “The Boys of Bob’s Hill” as they spring to life with their humorous and poignant stories. Stop by, sit awhile and enjoy some good old-time local lore! Complementary hot cocoa will be provided.

SATURDAY,
JAN 21

OWL APPRECIATION DAY! 10:00 a.m. - 3:00 p.m.

For all ages. “Who hoots for you?” Find the answer to that question with a visit to the Discover Greylock Exploration Station as we celebrate Owl Appreciation Day at Mount Greylock State Reservation. Come investigate the mysterious Barred Owl and learn cool facts like why its head rotates and how it is able to hear without ears. Participants are invited to enjoy this fun activity by making their very own owl hand puppet! This special program was designed as a self-guided activity or may be led by a Park Interpreter.

SUNDAY,
JAN 22

WINTER WONDERLAND ACTIVITY DAY! 1:00 - 3:00 p.m.

Join us for a fun-packed time of winter activities for all ages. This event offers winter crafts, scavenger hunts, board games, and sledding if weather permits. Designed as self-guided activities but may be led by a Park Interpreter. Bring your own sled if you have one. FREE. Please call the Visitor Center for weather updates. Inclement weather cancels outdoor activities.

THURSDAY,
JAN 26

Part of our
Mountain
Mindfulness
Program
Series

QI GONG / TAI CHI with Jeanne, 10:00 a.m. - 11:30 a.m.

For ages 12 and older. Experience the ancient Chinese meditative martial arts of Qi Gong/Tai Chi. Enhance your overall optimal health and longevity. No experience necessary. All levels are welcome. Program duration 90 minutes. Wear comfortable, winter weather appropriate clothing. Program may be offered outdoors in fair weather, otherwise it will be held indoors. Co-sponsored by **Canyon Ranch Wellness Resort, Lenox.**

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SPECIAL
EVENT
SATURDAY,
JAN 28

FAMILY FRIENDLY OUTDOOR ADVENTURES, 11:00 a.m.

For all ages. Come out and join us for an afternoon of winter activities, including **snow tubing** for the little ones (bring your soft-sided sleds if you have them), a **SNOWSHOE DEMO** by NeviTREK Handmade Snowshoes, and a **guided Geocaching Adventure** along the Bradley Farm Trail! Please be prepared for the weather, dress in layers and wear sturdy snow boots. Traction devices, trekking poles or your own snowshoes are advisable. Snowshoes will be available to try out during the **Snowshoe Demo for ages 8 and up**. Inclement weather cancels.

SATURDAY,
JAN 28

GEOCACHING 101, 1:00 p.m. - 2:30 p.m.

For all ages. Looking for a fun way to engage your tech-savvy kids with the natural world? This outdoor activity combines hiking with a tech-aided treasure hunt. Join Kathy Gwozdz and members of Berkshire Geobash to learn the basics, then head out on the trail to test out new skills. Can you find the hidden treasure? Beginners welcome! No experience or digital device necessary. To participate fully you may **download the free geocaching.com app** and bring your digital device. Dress appropriately for winter weather; hiking poles and traction devices for boots (or snowshoes) recommended. Trails may be snow-covered, icy, or muddy. Bring drinking water and a snack. Inclement weather cancels.

SUNDAY,
JAN 29

Part of our
Mountain
Mindfulness
Program
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FAMILY FOREST WALK with Sandy, 1:00 p.m. - 3:00 p.m.

For all ages. **Join Sandy Wilson** on this peaceful Family Forest Walk suitable for families with children able to walk one to three miles on an easy to moderate trail. Sandy will guide you on a slow, intentional journey to de-stress while connecting with nature. Each mindful outdoor experience incorporates elements of mindful breathing, nature connection, and meditation skills culminating in a group session for sharing and reflection. Leave with inspiration and tips for accessing the healing benefits of nature back home! **Please dress warmly** in non-cotton layers for outdoor hiking in snow. Wear snow boots with traction devices and warm socks. If there is snow on the ground, bring snowshoes if you have them. Bring water and a snack. No previous experience is necessary. **Program duration 2 hours.** Inclement weather cancels.

coming events